



We have prepared some delicious recipes, which could be easily prepared in your new multifunctional pot **MHT 1660 Pressione.**

You can always cook a great meals with ECG products. Believe, that the best recipe is your imagination and good quality of chosen ingredients.

RECIPES

Oatmeal with apples
Strawberry oatmeal
Fitness summer oatmeal
Vegetarian omelette
Humus
Pea soup
Cabbage soup
Beef broth
Chicken broth
Stuffed cabbage leaves

Pease pudding
Vegetable risotto with tuna
Goulash
Stewed beef on ginger
Fish in aspic
Honey cake
Coconut cuts
Strawberry jam

Oatmeal with apples

1 l Milk (whole milk or semi-skimmed milk)
150 g (aprox. 1,5 cup) Oatmeal flakes
40 g Butter
1x Scroll of cinnamon
1x Apple
Sugar to taste (aprox. 5 table spoons)

Mode: **PORRIDGE** **Time: 8 min**
Pressure mode : **YES**

Put all the ingredients in the pot, including the chopped apple without a kernel, whole cinnamon and mix. Close the lid and set the pressure valve to the "closed" position. Select the Porridge program and press START. When the program is over, carefully drop the steam from the pot, mix oatmeal and serve.



Strawberry oatmeal

1 l Milk (whole milk or semi-skimmed milk)
150 g (aprox. 1,5 cup) Oatmeal flakes
40 g Butter
A handful of sliced strawberries or even more to your taste
Sugar to taste (aprox. 5 table spoons)

Mode: **PORRIDGE**
Pressure mode : **YES**

Time: 8 min



Put all the ingredients in the pot, including the chopped apple without a kernel, whole cinnamon and mix. Close the lid and set the pressure valve to the "closed" position. Select the Porridge program and press START. When the program is over, carefully drop the steam from the pot, mix oatmeal and serve.

Fitness summer oatmeal

650 ml (aprox. 2,5 cups) Water

150 g (aprox. 1,5 cups) Oatmeal flakes

Pieces of seasonal fruit, ie about 8 peeled cherries, a quarter of an apple cut on cubes

30g Honey (to taste)

1x Scroll of cinnamon

4x cloves, 1x Badian

Mode:

PORRIDGE

Time: 8 min

Pressure mode :

YES



Put all the ingredients in the pot, including the chopped apple without a kernel, whole cinnamon and mix. Close the lid and set the pressure valve to the "closed" position. Select the Porridge program and press START. When the program is over, carefully drop the steam from the pot, mix oatmeal and serve.

Vegetarian omelette

500 ml Milk (whole milk or semi-skimmed milk)
50 g Fresh spinach (slightly fried with onion and garlic to get rid of water)
6 pcs Cherry tomatoes cut into pieces
10 Eggs
30 g Butter
1 tablespoon Smooth flour
Salt and pepper to taste

Mode: OMELETTE **Time: 20 min**
Pressure mode: NO

Put 10 eggs in the bowl, add the fried spinach, chopped tomatoes, 30 g butter, 1 tablespoon of flour, salt, and pepper and mix. Close the pot, set the pressure valve to the "closed" position, select the Omelette program, set the time to 20 minutes, and press START.



Humus

500 g (1 package) Chickpeas

2-3 Lemons (lemon juice)

Olive oil

4 cloves of Garlic

1 tablespoon of Tahini

Water

Salt to taste

Stick mixer



Mode:

BEANS

Cooking Time: 1,5 Hours

Preparation Time: 2 h 30 min

Pressure mode:

YES

Put the chickpeas in the pot and top up with cold water until the chick is sunk. Leave it for 2,5 hours in the container (it normally writes 6-8 hours on the bag, it is not necessary with our pot). After 2,5 hours of the pour out a water and fill up with fresh water. Place the inner bowl in the pot, close the lid, select the BEANS program, set the time to 1 hour 30 minutes - set the pressure valve to the "closed" position. When the program is over, carefully remove the steam from the pot and open the lid. Put the boiled chickpeas into a bowl where you mix it. Add a little water, a little olive oil, add garlic, salt, tahini, lemon juice to taste and mix it together with a stick mixer. If the mixture is too dense, you can still add some water or olive oil. Use salt and other ingredients to taste and mix it again and serve.

Pea soup

½ kg Smoked ribs
150g Peas
50 g Potatoes
150 g Carrot
10 g Onion
1,5 l Water
Salt and pepper to taste

Mode: **SOUP**
Pressure mode: **YES**

Time: 30 min



Put the washed smoked ribs, chopped vegetables into the pot and add water. Close the cover by selecting SOUP program for 30 minutes, set the pressure valve to "closed" position and press START. When the program is over, carefully remove the steam from the pot, open the lid and taste according to your taste.

Cabbage soup

2-3 pcs of Smeat Sausage
1 and ½ package of Sauerkraut
4 Potatoes
1 Onion
1 cup of Sour Cream
1,5 l Water
Oil
Salt and pepper
Majoram, allspice, 5 bay leaves, sweet pepper



Mode: Multicook , SOUP

Time: 60 min

Program: Multicook, SOUP

Cooking time : 45 min

Pressure mode: NO, YES

Chop sausages, potatoes and onion. Set program Multicook, 20 minutes and about 150 °C add oil on the bottom on the pot and press start. Once the oil is ready add onion and sausage and fry it for about 5-7 minutes, mix sometimes. Add sweet pepper. Put potatoes, sauerkraut (without water), add water and add all spices. Close the cover by selecting SOUP program for 45 minutes, set the pressure valve to "closed" position and press START. When the program is over, carefully remove the steam from the pot or you can wait about 15 or 20 minutes and the pressure will disappear itself, open the lid and taste according to your taste. Add the Sour cream to your plate on the top.

Beef broth

450-600 g Beef chips ideally with bone

2 pcs Carrot

½ Celery root

1-2 pcs Parsley root

3-4 Bay leaves

Water

Whole Allspice

Salt and pepper to taste



Mode:

SOUP

Time: 90 min

Pressure mode:

YES

Put the washed salted meat in the pot, add cleaned vegetables and all spices and add water under the Max. mark. Close the lid, select the SOUP program and set the time for 90 minutes - press the pressure valve to the "closed" position and press START. When the program is over, carefully remove the steam from the pot, open the lid and taste to suit your taste.

Chicken broth

1 smaller or middle sized Chicken without intestines

2 pcs Carrot

½ Celery root

1-2 pcs Parsley root

3-4 Bay leaves

Water

Whole Allspice

Salt and pepper to taste

Mode:

SOUP

Time: 50 min

Pressure mode:

YES

Put the washed salted chicken in the pot, add cleaned vegetables and all spices and add water under the Max. mark. Close the lid, select the SOUP program and set the time for 50 minutes - press the pressure valve to the "closed" position and press START. When the program is over, carefully remove the steam from the pot, open the lid and taste to suit your taste.

Stuffed cabbage leaves

5 Cabbage leaves
150 g Fried slices of champignons
70 g Boiled rice
30 ml Tomato sauce
1-2 cloves of pressed garlic
1 tsp of Vinegar
700 ml Water
10 g Butter for mushroom frying
Salt and pepper to taste

Mode: STEAM
Pressure mode: YES

Time: 7 min (preparation up to 30 min)



Cabbage leaves (add about 2 cups of water and little of vinegar into the pot, place the leaves on the steamer, close the lid and set the STEAM program for 3 minutes - the pressure valve in the "closed" position). Release the steam and take out the leaves on the plate. Cook the **rice** (put 1 cup of rice in the pot and add 2 cups of water, season a little and cook for 10 min. The RICE program - the pressure valve in the "closed" position). At the end of the program, drop the steam and take out the rice. Wash the inner bowl and put it back in the pot, turn on the pot with FRY program for about 15 minutes, heat the butter and put the slices of the mushrooms and cook for about 5 minutes with garlic. Turn off the pot. Mix mushrooms with rice and all ingredients. Wrap the mixture into cabbage leaves and put the **rolls** on the steamer. Add small amount of water on the bottom of inner bowl and place the steamer with rolls inside. Leaves must be above water level so they can be cooked in steam, not boil. Close lid and select STEAM program 7 min - Pressure valve to "closed" position and press START. When you finish the program, carefully drop the steam from the pot.

Pease pudding

450 g (1 package) Yellow peas

4 Bay leaves

Water

Salt and pepper to taste

Mode:

BEANS

Cooking Time: 45 min

Preparation Time: 4 h

Pressure mode:

YES

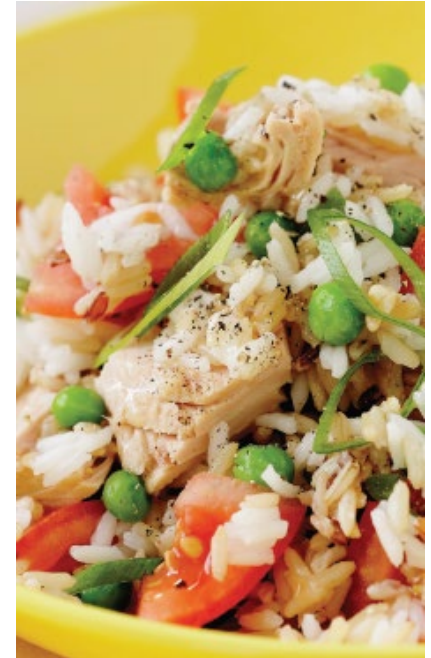
Put the peas in the pot and fill up with cold water until the peas are not sunk. Leave it for 4 hours in the inner bowl. After 4 hours add spices, salt and pepper, close the lid, select the BEANS program, set the time for 30 minutes - Pressure valve to "closed" position). When the program is over, carefully remove the steam from the pot, open the lid , stir the pudding and taste to suit your taste.

Vegetable risotto with tuna

500 g of Tuna fillet
500 g of Rice
200 g of Carrots
200 g Onions
100 g of Peppers
Vegetable Oil
100 g of Black olives
700 ml Water
Salt, pepper and spices to taste

Mode: RICE
Pressure mode: YES

Time: 20 min



Rinse the rice with water, mix it with all cut ingredients and add spices in the pot. Close the lid and set the pressure regulator to the "closed" position, select „RICE" program and set the time to 20 minutes and press START. When the program is over, carefully remove the steam from the pot, open the lid.

Goulash

1 kg of beef, preferably from a chunk or shoulder
800 g of chopped Onion
200 g of Onion, cut into semi-circles (for decoration)
500 ml of Tomato purée or two cans of tomato sauce
about 500 ml of Beef broth or water (possibly with beef broth)
Vegetable oil or fat for frying onions
Salt, pepper, smoked red pepper, dried or fresh marjoram, chilli for flavoring



Mode: FRY + MULTICOOK
Pressure mode: NO/YES

Cooking Time: 10 + 60 min

1) Program FRY

Turn the pot on the FRY program and set the temperature to 180 ° C. Heat the fat, add the onion and rest it until it has light golden-brown color.

Add red pepper, stir and fry together with onion for a while. Add the meat cut into bigger cubes, let it squeeze, add salt, pepper, marjoram, tomato purée and add broth or water, mix it and stop the FRY function by pressing the Cancel button.

2) Program Multicook

Turn on the pot with Multicook program, set 160 ° C and 60 minutes.

Close the lid and set the pressure valve to the "closed" position, then press START. When the program is over, gently drop the steam from the pot, open the lid, mix, taste and if necessary add more spice to your taste.

TIP: If the goulash is too runny, set the Multicook program to 130 °, set the time for 20 minutes, leave the lid open and cook the goulash for 10-15 minutes and stir occasionally. When you are satisfied with the result, turn off the pot.

Stewed beef on ginger

300 g Beef meat cut on cubes or noodles (lean meat)

3 Onions cut on wheels

50 ml soy sauce

10 cm Ginger root cleaned and cut in slices

200 ml Water

Salt, pepper, chilli and spices to taste

Mode: SLOW STEW

Time: 3,5 hours

Pressure mode: NO



Put the chopped meat, chopped and cleaned vegetables, spices, in the inner bowl, add water and mix it gently. Close the lid and cook on the SLOW STEW program, set the time for 3.5 hours - press the pressure valve to the "open" position and press START. Ideal to serve with rice.

Fish in aspic

1 Fish fillet (salmon, tuna or other fish according to taste and options)

1 Onion

1 Carrot

1 Parsley root

¼ Celery root

1 l Water

2 bags of Gelatin Powder

Salt, pepper to taste

1 tablespoon of Vinegar

Mode:

GALANTINE

Time: 20 min

Pressure mode:

YES



Put fish fillet and cleaned vegetables, including spices, into a pot. Add 1 liter of water. Close the lid and set the GALANTINE program for 20 minutes - press the pressure valve to the "closed" position and press START. When the cooking is done, release the steam from the pot and remove the fish and all the vegetables from the pot. At this point, the broth has an ideal temperature (about 80 ° C, TIP: set the Multicook to 80 ° C for about 20 minutes to cool the broth during the mixing process). Add the spoon of vinegar immediately in broth and stir 2 bags of gelatin powder until it is completely dissolved (use the bag instructions), please note the broth has to have about 80°C during this whole process. As it is done, switch off the pot. You can also add other sterilized vegetables, cooked eggs, whatever you like to the vegetable mix you gave somewhere outside the broth. Cut all the vegetables into small pieces and divide them into small or bigger bowl. Pour the prepared bowls filled with all ingrediants with gelatine „broth“. Let the broth cold down and then put it for few hours in the refrigerator to get solid.

Honey cake

5 Eggs

140 g Honey

250 g Sugar (Crystal or semolina)

150 g Sugar powder

10 g (1 pack) Baking powder

1 cup of Yogurt

360 g (2 cups) Semi-coarse wheat flour

160 g of Walnuts

1 dcl oil

Fat/Butter for greasing the inner pot or baking paper

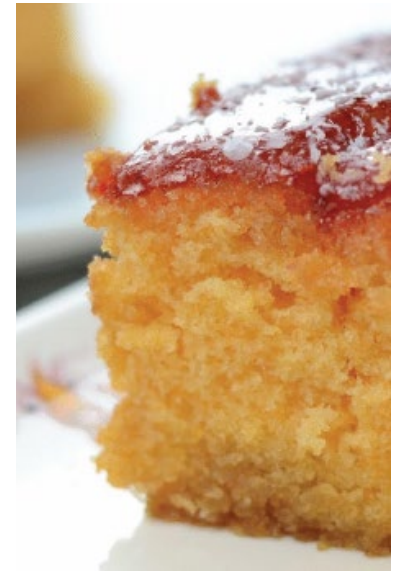
Mode:

CAKE

Time: 55 min

Pressure mode:

NO



Whisk eggs with sugar for about 5-7 minutes, better to use whisk or stick mixer. Add the other ingredients (except nuts) step by step and mix / whisk very carefully. Use fat/butter for greasing inner bowl grease or use the baking paper. Half of the mixture evenly pour on the bottom of the inner pot, add the chopped nuts and add the second half of the mixture on top. Close the lid, set the CAKE program to 55 min (140 ° C) - press the pressure valve to the "open" position and press START.

Coconut cuts

2 Eggs

100 ml Oil

250 ml Milk

215 ml (1 cup) Whipped Cream

250 g of Sugar (crystal)

150 g Sugar powder

10 g (1 pack) Baking powder

160 g of Walnuts

360 g (2 cups) Semi-coarsed flour

Fat/Butter for greasing the inner pot

130 grams of grated coconut for the mixture and for the powdering the inner bowl

Mode: CAKE

Time: 1 hour

Pressure mode: NO

Whisk eggs, flour, milk, oil, crystal sugar, baking powder, preferably with a hand mixer or whisk. Wipe the inner bowl with butter / fat and sprinkle with coconut. Drop the dough into the bottom of the inner bowl and its side. Prepare the mixture of flour, sugar and coconut (125 grams of flour + 125 grams of grated coconut) and add half of this mixture to the dough in the bowl. Close lid and set CAKE program for 1 hour (140 ° C) - Pressure valve to "open" position and press START.

After baking, open the lid and evenly spread the cake with 1 cup of whipped cream and sprinkle with the other half of the mixture with coconut. Let it cold down and then remove the cake from the inner bowl.

Strawberry jam

1 kg of fresh Strawberries
½ kg Sugar (crystal, semolina or cane
8 g Citric acid powder or 125 ml Lemon juice
2 teaspoons of Agar thickener

Mode: JAM
Pressure mode: NO

Time: 1 hour



Put the chopped strawberries into the bowl. Sprinkle each layer of strawberries evenly with sugar. Leave the strawberries for 4 hours in the bowl and then add citric acid and thickener. Close lid, set JAM program for 1 hour, pressure valve to "open" position and press START.



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